

CVA - Cerebrovascular Disease

CVA-C COMPLICATIONS

OUTCOME: The patient/family will understand how to prevent the complications of cerebrovascular disease.

STANDARDS:

1. Discuss common complications of cerebrovascular disease, e.g., loss of function, loss of speech, confusion, loss of independence.
2. Discuss the importance of following the prescribed treatment plan including physical therapy, medications and rehabilitation in maximizing potential.

CVA-CM CASE MANAGEMENT

OUTCOME: The patient/family/caregiver will understand the importance of integrated case management in achieving physical and behavioral health.

STANDARDS:

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

CVA-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH

OUTCOME: The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

STANDARDS:

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation in the medical plan.
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.

4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges, may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on the patient's condition.
6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

CVA-DP DISEASE PROCESS

OUTCOME: The patient will understand cerebrovascular disease and its symptoms.

STANDARDS:

1. Explain that cerebrovascular disease is the result of the buildup of plaque in the interior wall of the arteries of the brain which can eventually cause a loss of oxygen to the brain, leading to a stroke.
2. Review the factors related to the development of cerebrovascular disease - smoking, uncontrolled hypertension, elevated cholesterol, obesity, uncontrolled diabetes, sedentary lifestyle, increasing age, and male sex. Emphasize that a history of coronary artery disease greatly increases the risk of cerebrovascular disease and vice-versa.
3. Review the signs of cerebrovascular disease, e.g., weakness, numbness, confusion, slurred speech, episodes of "blacking out."
4. Differentiate between temporary ischemic attack (the temporary loss of oxygen to the brain) and "stroke" (a permanent loss of oxygen to the brain resulting in permanent damage and loss of function). Emphasize that a TIA is a significant warning sign which may be a precursor to a stroke and permanent loss of function. Any TIA or similar symptoms should prompt immediate medical evaluation. Explain that sometimes only a physician, through test interpretation, may be able to differentiate between TIA and stroke.
5. Emphasize that effects of a stroke are often reversible with early intervention and appropriate rehabilitation. Refer as appropriate.

CVA-EQ EQUIPMENT

OUTCOME: The patient/family/caregiver will have an understanding and demonstrate (when appropriate) the proper use and care of assisted medical devices/equipment.

STANDARDS:

1. Discuss the indications for and benefits of the prescribed medical equipment.
2. Discuss the types and the features of the assisted medical devices/equipment as appropriate.

3. Discuss and/or demonstrate the proper use, care, and cleaning of assisted medical devices/equipment.
4. Explain that the patient/family/caregiver will demonstrate the proper use of the assisted medical devices/equipment.
5. Discuss the signs of assisted medical devices/equipment malfunction and the proper action in case of malfunction as appropriate.

CVA-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of cerebrovascular disease.

STANDARDS:

1. Discuss the individual's responsibility in the management of cerebrovascular disease.
2. Review treatment plan with the patient, emphasizing the need for keeping appointments, fully participating with medication therapy, adhering to dietary modifications, and maintaining an appropriate activity/rest balance.
3. Review the symptoms which should be reported, e.g., symptoms more frequent or occurring during rest, symptoms lasting longer.

CVA-HM HOME MANAGEMENT

OUTCOME: The patient/family will understand the home management of post- stroke patients and make a plan for implementation.

STANDARDS:

1. Discuss the home management plan and methods for implementation of the plan.
2. Explain the importance of following a home management plan, e.g., fewer falls, fewer emergency room visits, fewer hospitalizations, and fewer complications.
3. Explain the use and care of any necessary home medical equipment.

CVA-L LITERATURE

OUTCOME: The patient/family will receive literature about the cerebrovascular disease.

STANDARDS:

1. Provide patient/family with literature on the cerebrovascular disease.
2. Discuss the content of the literature.

CVA-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family will understand the lifestyle adaptations necessary to maintain optimal health.

STANDARDS:

1. Emphasize that the most important component in the prevention and treatment of cerebrovascular disease is the patient's adaptation to a healthier, lower risk lifestyle.
2. Discuss lifestyle adaptations that may reduce further risk of TIA and/or stroke and improve the quality of life (cease all use of tobacco products, control hypertension and elevated cholesterol through medications, diet and exercise, lose weight as indicated, control diabetes, and increase activity as prescribed by the physician).

CVA-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

CVA-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient and family will understand the specific nutritional intervention(s) needed for treatment or management of cerebrovascular disease.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.

- d. Evaluation of the patient's nutritional care outcomes.
- e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

CVA-N NUTRITION

OUTCOME: The patient/family will understand the role of nutrition in cerebrovascular disease.

STANDARDS:

1. Discuss the relationship between diet and cerebrovascular disease, hypertension, elevated cholesterol, and obesity.
2. Explain the necessity of an appropriate diet plan and physical activity to achieve optimal weight and improve or correct lipids. Refer to registered dietitian for MNT.
3. Discuss ways to prevent future strokes: linolenic acid from walnuts, canola, and soybean oils may be protective. Increased fruit and vegetable intake is also protective.
4. Explain that small bites of food, and slow, adequate chewing as appropriate.
5. Explain that six to eight cups of fluids are needed daily.

CVA-P PREVENTION

OUTCOME: The patient/family will understand ways to prevent CVA.

STANDARDS:

1. Discuss that prevention of cerebrovascular disease is far better than controlling the disease after it has developed.
2. Explain that consuming a diet low in fat, and controlling weight, lipid levels and blood pressure will help to prevent CVA.
3. Discuss that persons with uncontrolled diabetes and uncontrolled hypertension and uncontrolled dyslipidemia are more likely to develop CVA. Stress the importance of controlling these disease processes. **Refer to DM, HTN, LIP, OBS.**

CVA-S SAFETY AND INJURY PREVENTION

OUTCOME: The patient and/or appropriate family member(s) will understand the importance of injury prevention and implementation of safety measures.

STANDARDS:

1. Explain to patient/family members the importance of body mechanics and proper lifting techniques to avoid injury.
2. Assist the family in identifying ways to adapt the home to improve safety and prevent injuries, e.g., remove throw rugs, install bars in tub/shower, secure electrical cords.
3. Stress importance and proper use of mobility devices, e.g., cane, walker, wheel chair.

CVA-SM STRESS MANAGEMENT

OUTCOME: The patient will understand the role of stress management in cerebrovascular disease.

STANDARDS:

1. Explain that uncontrolled stress can contribute to increases in blood pressure, which increases the patient's risk for stroke.
2. Explain that uncontrolled stress can interfere with the treatment of cerebrovascular disease.
3. Explain that effective stress management may help prevent progression of cerebrovascular disease, as well as help improve the patient's health and well-being.
4. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use as well as overeating, all which can increase the risk of morbidity and mortality from cerebrovascular disease.
5. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
 - a. Becoming aware of your own reactions to stress
 - b. Recognizing and accepting your limits
 - c. Talking with people you trust about your worries or problems
 - d. Setting realistic goals
 - e. Getting enough sleep
 - f. Maintaining a healthy diet
 - g. Exercising regularly
 - h. Taking vacations

- i. Practicing meditation, self-hypnosis, and positive imagery
 - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
 - k. Participating in spiritual or cultural activities
6. Provide referrals as appropriate.

CVA-TE TESTS

OUTCOME: The patient/family will understand the tests to be performed, the risk(s)/benefit(s) of the test(s) and the risk(s) of refusal of the test(s).

STANDARDS:

- 1. Explain the specific test ordered and collection method, e.g., CT, MRI, angiography.
- 2. Explain the necessity, benefits and risks of the test to be performed and how it relates to the course of treatment.
- 3. Explain any necessary preparation and instructions for the test ordered.
- 4. Explain the meaning of the test results, as appropriate.

CVA-TX TREATMENT

OUTCOME: The patient/family will understand the treatment options and will participate in the design of the treatment plan, goals, and expected results.

STANDARDS:

- 1. List the possible procedures that might be utilized to treat the arterial blockage, e.g., angioplasty, carotid endarterectomy.
- 2. Briefly explain each of the possible treatments.
- 3. Explain that the treatment decision will be made by the patient and medical team after reviewing the results of diagnostic tests.
- 4. Discuss the importance of fully participating in the treatment plan and scheduled follow-up, including physical therapy.